



WINTER HOLIDAY BASEBALL AND SOFTBALL CAMPS



Topics:

- Hitting • Throwing • Fielding
- Pitching • Positional play

Holiday camps provide expert instruction, innovative drills and up-tempo scrimmages. Diamond Strength baseball movements will improve players strength, flexibility and agility

December 24th - December 28th, 2019
(No camp on Christmas day)

Full Day: 8:30am-3:30pm
\$40 per day or \$160 for the week

Half Day: 8:30am-12noon
\$30/ per day or \$120 for the week

AGES 6 and up

Pizza lunch available for \$5 per day.

www.frozenropes.com/albany

518.435.2424

Registration for the Winter Holiday Baseball & Softball Camp is available by e-mail, phone, or by the form below.

Player's Name _____
Address _____
City _____ State _____ Zip _____
Phone Number _____

Date of Birth _____
Parent(s) Name _____
Emergency _____
Email Address _____

REGISTER MY PLAYER FOR: FULL DAY / HALF DAY M T W T F

Total Payment \$ _____

Visa () Mastercard () Credit Card #:

Exp. Date:

Make checks payable to and mail to: **3 Interstate Ave - Albany, NY 12205**

Tel: 518.435.2424

Fax: N/A

www.frozenropes.com

Email: albany@frozenropes.com

ALL PROGRAMS HAVE LIMITED ENROLLMENT



FROZEN ROPES
Fast Pitch